



North Shore, Sea to Sky,
Sunshine Coast, Powell River,
Richmond and Vancouver

Vancouver Coastal Health
Promoting wellness. Ensuring care.

Keep Your First Language

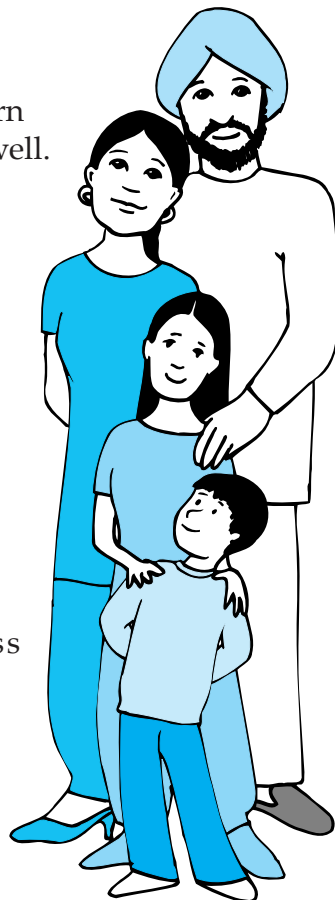
Children need to learn their first language well. This will help them:

- Stay connected with family
- Take part in their cultural community
- Learn English well

Research shows children learning more than one language have:

- Better awareness how words sound and rhyme
- A more creative use of language in writing and talking

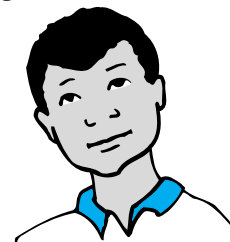
Research shows that learning more than one language in *early childhood* helps children in their schoolwork.



Parents Can Help...

- Speak to your child in the language you know best
- Talk more and watch TV less
- Talk during daily activities (mealtimes, bath time) with your children
- Talk about pictures you see in books and make connections to your child's own experiences
- Try to keep languages separate. Try to speak each language without

mixing them in one sentence. Sharing books is a good time to do this.



Other fact sheets on parenting your child are available at your local Community Health Office/Centre or online at <http://vch.eduhealth.ca>

For more information, contact a Speech Language Pathologist or Public Health Nurse at Vancouver Coastal Health www.vch.ca

For more copies, go online at <http://vch.eduhealth.ca> or email pheh@vch.ca and quote Catalogue No. GK.600.K44
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www.vch.ca